

County Connection

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Special points of interest:

- March 8-10: Safety Policy Orientation. 10AM and 2PM
- March 24: Pay Day
- April 14: Offices are closed for Good Friday
- April 28: Pay Day

Calendar of Events

MARCH:

6: BOC meet @ 9AM
 17: St. Patrick's Day
 20: 1st day of Spring
 20: BOC meet @ 6:30 pm

APRIL:

1: April Fool's Day
 3: BOC meet @ 9 AM
 14: Good Friday: Office's Closed
 16: Easter
 17: BOC meet @ 6:30 PM
 17: Income Taxes Due

The Riddler

Answers can be given to Nichole McLaughlin @ 694-4193 x109.

Always invisible, yet never out of sight.
 What are they?

First one with correct answer wins a sweet treat!!



Bizarre Holidays:

3/9: Potato Chip Day
 3/19: Let's Laugh Day
 4/4: Library Book Day
 4/5: Fun at Work Day

Welcome New Employees!!

Elaine Rice: CDOT

Chrislin Solomon: Sen. Center

Walter Lewis: EMS

Tyrone Jeffreys: Jail

Grady Stokes: Land-fill

Casey Moore: Health

Catrina Davis: Health

Keith Garner: EMS

Ryan Rooks: EMS

John Chatman: EMS

Russell Toney III: EMS

Dustin Johnson: Rec.

American Cancer Society: Relay for Life

Relay for life is a celebration of cancer survivorship and community spirit. Relay for life raises money for American Cancer Society Research, education, advocacy and patient services.

Survivor Victory Lap:

The Cancer Survivor's lap opens every American Cancer Society Relay for Life. Cancer survivors walk the initial lap, symbolizing the courage that survivors and their families display and

sustain in their lives.

Luminaria Ceremony:

There is an opportunity to recognize your loved ones with the evening Luminaria Ceremony. Lighted luminaria are decorated with the names of cancer survivors and those who lost the fight to cancer.

2006 marks Caswell County's 11th annual Relay for Life, a community event to recognize cancer survivors and honor the memory

of those lost to cancer.

The Relay for Life of Caswell County will be held June 9-10, 2006 at the Bartlett Yancey High School.

Please come out and support this noble cause.



Safety Policy Orientation

On February 6, 2006 the Board of Commissioners were presented with a comprehensive Safety Policy for their approval. The Board approved the Safety Policy with an effective date of February 7, 2006.

A Safety Committee has been formed and consists of the following mem-

bers: Bob Shaver, Nichole McLaughlin, Jason Barrow, Charlie King, Kathy Tolles, Debbie Rascoe, Beverly Gwynn, Tim Smith, Keith McKinney, Loretta Nichols and Jim Gusler.

This policy has been developed to reduce accidents and assure compliance with federal, state, and local regulations.

A mandatory Safety Policy Orientation will be held March 8, 9, and 10 at 10 AM and 2 PM each day. The meeting will be held in the Commissioner Meeting Room located in the Historic Courthouse.

Sign-up Sheets have been delivered to Department Heads and are due to Nichole McLaughlin, HR Officer by March 1st.

5 Common Headache Triggers - TopHealth Newsletter



5 leading headache culprits to watch out for:

1. Stress

Frayed nerves are a frequent cause of “tension” headaches and may also trigger migraines. Ideas: Take 30 minutes a day to day-dream, meditate or otherwise relax.

2. Diet

Certain foods contain substances that can trigger headache pain. Examples: caffeine, red wine, processed meats, chocolate, cheese, and citrus fruits.

3. Eyestrain

Concentrating on one object for a long time can cause temporary head pain. Suggestions: Take occasional “eye breaks” by looking out a window...consider an eye exam to see if a vision problem may be a factor.

4. Sitting

Staying seated for long periods can tighten muscles and lead to tension headaches. Self-defense: Shift position...stretch once an hour...stand during phone conversations...take a lunch-time walk.

5: Sleep

Too little or, surprisingly, even too much sleep can bring on headaches. Best: Control your brain’s “clock” by going to bed and getting up at the same time each day - even on week-ends.

EMPLOYEE AND DEPARTMENTAL NEWS

- Congratulations to Jonna Marshall (Health) who correctly answered the riddle in the last issue. The answer was: **Temper.**
- Quality Control rate for the food stamps unit for review period October 2004-September 2005 continues at 100%. Food Stamp unit members are Shirley Carroll, Jill Thompson, Jennifer Holt, Sherry Phelps, Audrey Simpson, and Melondy Yancey (supervisor).
- Audrey Simpson will attain permanent employee status March 2006.
- The fraud unit has been conducting Administrative Disqualification Hearings (ADH) for Food Stamp benefits over-payments. Five have been recently scheduled and will determine if the recipients intentionally or inadvertently utilized benefits.
- Congratulations to Josh Benfield (911) . His wife had a baby boy, Parker Elliot Benfield. Parker weighed 5lbs and 9 oz.

Employee Birthdays

MARCH:

Frank Archer IV	EMS	Judy Nelson	Tax	Joshua Foster	Parks
Josh Benfield	911	Debra Pinkerton	911	AJ Fuqua	911
Woodrow Bigelow	Insp.	Debbie Rascoe	DSS	Anita Graves	Parks
Arnold Brandon	Sheriff	Cynthia Richmond	Health	Jim Gusler Jr	EMS
Van Buchanan II	EMS	Jean Roberts	Elections	Dustin Johnson	Parks
Janice Clayton	Finance	Greg Scott	Health	Joel Lillard	911
Delores Dameron	Deeds	Patty Smith-Overman	Health	Cynthia Royster	911
Catrina Davis	Health	Jill Thompson	DSS	Dreama Smith	Health
James Duncan	Parks	Florence Vereen	DSS	Steven Smith	Parks
Jeannine Everidge	Sen. Cen.	George Ward Jr	Gov't	Willie Southern	Main.
Donna M. Graves	CDOT	Stephana Wood	Health	Kathy Upchurch	Library
Kathy Hellard	DSS	APRIL:		Jeffrey White	EMS
Racquel Hughes	DSS	Jane Bason	Library	Judy Williamson	Health
Doris Hyler	Library	Jerald Brown	Sheriff		
Beverly Lancaster	DSS	Rebecca Dellinger	Library		
Mary Mitchell	Health	Densie Douglas	DSS		
Angela Motley	Parks	Tionna Ferguson	Health		